

EMAIL FROM KENT MEANS, ASSISTANT HEAD FOR BUSINESS & OPERATIONS

SUBJECT: Coronavirus Information

DATE: Mar 7, 2020, 8:40 PM

Dear Fort Worth Christian Staff and Families:

We are writing to you because we value the health and well-being of our students, staff, and families. We work throughout the year to promote a healthy school. Safety is always our priority.

As the Centers for Disease Control (CDC) share more information about COVID-19 or the coronavirus, we want you to know that we are regularly in contact with the Tarrant County Health Department. From fighting the flu to monitoring other health concerns, we follow their guidance and CDC recommendations. We are sharing this information so you are aware. There are no specific recommendations for schools from the Tarrant County Health Department related to COVID-19 at this time.

We sent information with healthy reminders in preparation for the flu season. Those same recommendations still apply:

- Get the flu vaccine
- Wash your hands frequently with soap and water
- Help your students to wash their hands well
- Avoid touching eyes, nose, and mouth.
- Do not drop off your sick child at school
- Stay home when you're sick
- Cover your nose and mouth when coughing and sneezing
- Avoid close contact with anyone with cold or flu-like symptoms

Links below to the Centers for Disease Control share information about COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

If you were in a country with a COVID-19 outbreak and feel sick with fever, cough, or difficulty breathing, within 14 days after you left, CDC recommends you

- Seek medical advice – Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel on public transportation while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
- Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose.
- If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%–95% alcohol. Always wash hands with soap and water if hands are visibly dirty

The Tarrant County Health Department also has a hotline for questions about COVID-19. That number is 817-248-6299.

Again, we are sharing this information so you are aware. As global and local monitoring continues, we will keep you updated if need be.